# BUILD YOUR OWN

<table>
<thead>
<tr>
<th></th>
<th>SMALL</th>
<th>LARGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT PASTA</strong></td>
<td><strong>$7.29</strong></td>
<td><strong>$9.29</strong></td>
</tr>
<tr>
<td></td>
<td>250 - 720 Cals</td>
<td>350 - 960 Cals</td>
</tr>
<tr>
<td><strong>VEGGIE PASTA</strong></td>
<td><strong>$6.79</strong></td>
<td><strong>$8.49</strong></td>
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<tr>
<td></td>
<td>290 - 610 Cals</td>
<td>400 - 790 Cals</td>
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</tbody>
</table>

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.
SELECT YOUR PROTEIN (1)

CHICKEN  
90-130 Cals

GROUND BEEF  
180-270 Cals

ITALIAN SAUSAGE  
160-240 Cals

SHRIMP  
50-80 Cals

TOFU  
90-130 Cals
SELECT YOUR TOPPINGS (4)

BABY SPINACH | 3 Cals
MUSHROOM | 4 Cals
GARLIC | 25 Cals
MIXED PEPPERS | 25 Cals
GRAPE TOMATOES | 15 Cals

ZUCCHINI | 15 Cals
BLACK OLIVE | 45 Cals
BROCCOLI FLORETS | 25 Cals
Diced TOMATO | 10 Cals
RED ONION | 10 Cals
PARMESAN CHEESE | 70 Cals
SELECT YOUR SAUCE

KALE PESTO
140 Cals

ALFREDO
130 Cals

MARINARA
70 Cals
STEP 1

PICK YOUR PASTA

SPAGHETTI
190 - 290 Cals

WHOLE WHEAT
290 - 420 Cals

STEP 2

PENNE RIGATE
240 - 360 Cals

STEP 3

GLUTEN FREE
290 - 430 Cals

STEP 4
SIDES & EXTRAS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roll</td>
<td>$0.99</td>
<td>120 Cals</td>
</tr>
<tr>
<td>Bread Stick</td>
<td>$0.99</td>
<td>140 Cals</td>
</tr>
<tr>
<td>Side Salad</td>
<td>$4.39</td>
<td>90-150 Cals</td>
</tr>
</tbody>
</table>

*Dressing adds 100-160 Cals per 30 mL

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